



Food ID: D007

Food name and Description: Bago lvs, boiled

Scientific name: *Gnetum gnemon*

Alternate/Common name(s): Spanish joint-fir lvs, boiled

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	89.3
Energy, calculated (kcal)	42
Protein (g)	3
Total Fat (g)	0.4
Carbohydrate, total (g)	6.5
Ash, total (g)	0.8

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	3.8
Sugars, total (g)	0.7

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	91
Phosphorus, P (mg)	40
Iron, Fe (mg)	0.6
Sodium, Na (mg)	1

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	710
Retinol Activity Equivalent, RAE (µg)	59
Thiamin, Vitamin B1 (mg)	0.02
Riboflavin, Vitamin B2 (mg)	0.14
Niacin (mg)	0.5
Ascorbic Acid, Vitamin C (mg)	43

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	-
Fatty acids, monounsaturated, total (g)	-
Fatty acids, polyunsaturated, total(g)	-
Cholesterol (mg)	0